

Advanced Pediatrics of Rockland, P.C.

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Anticipatory Guidance

Newborn - Male

In order to keep your baby safe, put him to sleep on his back. Use a crib or bassinet and do not put him to sleep in the bed with you. Do not put stuffed animals, sleep positioners or blankets in the crib. Do not give him honey until he is 1 year old as it can lead to botulism toxin poisoning. Do not leave him on a changing table, bed, sofa or lap without holding him in order to prevent a fall.

Newborns have a very weak immune system. Limit contact to immediate caregivers only. Do not take him out to public places until 2 months old. Call immediately for lethargy or rectal temp of 100.4 or greater. Make sure to support his neck because the neck muscles are very weak until about 4 months old.

Use fragrance-free lotions, detergents, fabric softener and soap. You can give a sponge bath with soapy water and rinse with water using a baby bath with a sling. Let the water drain out into a tub. Make sure to wash the umbilical cord prior to washing the diaper area in order to prevent an umbilical cord infection for the first two weeks. Even though you can give a bath after two weeks, we recommend continuing to sponge bathe using a bath with a sling until 4 months for safety reasons.